

## Abstract

The invention relates to a method for the production of an optical transmission element comprising at least one optical waveguide and comprising a chamber element surrounding the optical waveguide and enclosing an internal space. A foamed filler composition is applied discontinuously to the optical waveguide and the optical waveguide is subsequently supplied to an extruder, the latter forming a chamber element around the optical waveguide. The filler composition stabilizes within the chamber element formed and, in the final state, forms a plurality of dry compressible filler elements, each surrounding the optical waveguide. A dry and readily manipulable optical transmission element is thus present. A discharge of filler composition and an escape of the optical waveguides from the transmission element are prevented.